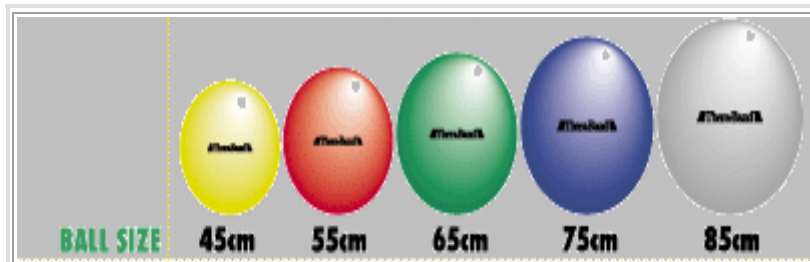


## The Right Size

- balls should be fitted to each person's body proportions
- for people who are especially long-legged or very heavy, the next size ball may be appropriate
- also included on the poster is a reference for seated position usage (hips and knees to be bent to 90 degrees when seated on ball) - see suggested user's height and selections above



Suggested User's Height	Size
4'7" - 5'0"	45 cm
5'1" - 5'6"	55 cm.
5'7" - 6'1"	65 cm
6'2" - 6'8"	75 cm
over 6'9"	85 cm.